

Development of Competencies in the Field "Physical Development and the Formation of a Healthy Lifestyle" Among Preschoolers in the Process of Physical Education

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Abstract: The article deals with the development of competencies in the field "Physical development and the formation of a healthy lifestyle" among preschoolers in the process of physical education.

Keywords: health, physical development, competence, healthy lifestyle.

At the present stage of development of society in the Republic of Uzbekistan, the "Concept for the development of the system of preschool education of the Republic of Uzbekistan until 2030"[1] was adopted and approved in the new version of the state program "Ilk Qadam"[2], which noted the special role of teachers in the implementation of a competence-based approach to education of preschool children.

As you know, the theoretical and practical professional training of a specialist begins with work with children from early to school age, in which during this period the foundation of physical health is especially successfully laid, the necessary physical development is provided and the formation of healthy lifestyle skills begins, which undoubtedly contributes to the successful development physical culture of students at the next stages of educational - educational physical education.

It should be noted that the activities of educators and specialists in physical education are carried out on the basis of the second edition of the state program "Ilk Qadam" for pre-school educational organizations of the Republic of Uzbekistan, created in accordance with state requirements for the development of children of early and preschool age[3].

As you know, the goal of educational activities in a preschool educational institution is to create conditions for the formation of a child's general key competencies and competencies in areas of development.

In the context of the development of competencies in the field "Physical development and the formation of a healthy lifestyle", the preservation and promotion of health and the provision of a safe environment for the child, which is provided by the following activities, are of great importance:

- satisfying his/her various needs, including the need for movement;
- through active games and daily physical exercises, children develop their senses and their gross and fine motor skills;
- in motion, they explore the surrounding space and manipulate various objects;

- they recognize the reactions and capabilities of their body, begin to take care of it and adopt a healthy lifestyle;
- learning and development through play: play is an important approach in teaching preschool children, as it brings joy and motivates children, allowing them to learn new skills and knowledge, to know themselves and the world around them.

Pre-school education recognizes the child's right to play, recognizes the importance of play for the child and its pedagogical possibilities in promoting individual physical development, learning and health;

The child's competencies are defined in the following areas of development:

- physical development and formation of a healthy lifestyle;
- social and emotional development;
- speech, communication, reading and writing skills;
- development of the cognitive process;
- creative development

Upon completion of educational activities in the field of "Physical development and the formation of a healthy lifestyle", a child aged 6-7 years:

- shows physical activity according to his abilities and age norms of physical development;
- is able to perform various types of motor activity in a coordinated and purposeful manner;
- uses fine motor skills in various life and educational situations;
- regulates its movements with the help of the senses;
- applies personal hygiene skills;
- knows the basics of a healthy lifestyle and nutrition;
- follows the rules of the basics of safe life.

Monitoring the development of the child is an important responsible part of the teacher's work, the purpose of which is to collect information about how the child uses various skills and knowledge, participating in educational activities and in real situations. Observing children in different places, at different times, in various classes, including physical education classes, the teacher gets a complete picture of their interests, strengths and needs. Based on the information obtained as a result of pedagogical observations, and the planning of educational activities in the field of physical development and the formation of a healthy lifestyle is being improved.

Evaluation of the progress of the development and education of the child is carried out in the course of using the development map, which reflects the areas and sub-areas of the child's development from the State requirements and the expected results.

The child development card is maintained (filled out) separately for each age group: 3-4, 4-5, 5-6, 6-7 years old, filled out three times a year (*beginning, middle and end of the school year*), individually for each child.

In particular, physical development and the formation of a healthy lifestyle is characterized by the use of dance-rhythmic gymnastics - game gymnastics, game dance. Non-traditional types of exercises include finger gymnastics, musical outdoor games, game stretching, traveling games, etc.

Considering the sub-area of development of gross motor skills, it should be noted that a child of 6-7 years old:

- walks on toes, heels, on the outside of the foot and high knees;

- maintains balance while walking on a rope;
- runs, raising his knees high;
- jumps over low obstacles;
- trying to jump over a jump rope;
- crawls on his stomach on the gymnastic bench, pulling himself up hands;
- climbs the gymnastic wall;
- riding a scooter

At the same time, the subregion of fine motor skills is characterized by the fact that the child:

- independently fastens and unfastens buttons, fasteners clothes, shoes;
- strings small, medium and large beads on a string according to sample;
- opens and closes locks, latches, uses a key;
- twists and unscrews small objects (details of the designer);
- 5.designs different items from large and small parts constructor;
- draws a straight line and a circle according to the sample;
- cuts paper with scissors along a given line;

Along with this, the formation of a healthy lifestyle and safety lies in the fact that the child:

- knows about the benefits of vitamins and healthy eating;
- washes hands before eating;
- uses a fork correctly;
- tidy up your appearance;
- serves himself after the toilet;
- may ask for help;
- names places, objects and substances that may be dangerously (stairs, balcony, open window, hot water, fire, drugs, sharp instruments, electricity);
- explains why it is impossible to leave with an unfamiliar adult;
- can explain how to maintain proper posture.

It should be noted that the competencies "Physical development and the formation of a healthy lifestyle" among preschoolers can be successfully developed in the process of physical education, during which the development of the above competencies of preschool children is purposefully and systematically achieved.

Literature

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